

HORARIO DE ACTIVIDADES DIRIGIDAS					DESDE EL 1 DE JUNIO EN ACTIVACLUB GERMANÍAS			
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
07:00	QUICK CIRCUIT ACTIVA CROSS	HYROX QUICK CORE	QUICK CIRCUIT	ACTIVA CROSS				07:00
09:00	QUICK CORE	QUICK CORE	QUICK CORE		BODYPUMP	HYROX		09:00
09:30	BODYPUMP CYCLING	GAP	CYCLING BODYPUMP	FIT SHAPERS				09:30
10:00					FIT SHAPERS	ACTIVA CROSS		10:00
10:30	BODYBALANCE			POWER DANCE				10:30
10:35		FIT SHAPERS	ESPALDA SANA					10:35
11:00							BODYPUMP	11:00
11:05						BODYPUMP		11:05
11:35				YOGA				11:35
12:05							WEEKEND	12:05
12:15						YOGA		12:15
12:35		YOGA						12:35
13:30				MMA				13:30
13:35		MMA						13:35
14:30	ACTIVA CROSS CYCLING BODYPUMP	GAP ACTIVA CROSS	ACTIVA CROSS BODYPUMP	BODYCOMBAT ACTIVA CROSS	ACTIVA CROSS			14:30
15:55		YOGA						15:55
16:00				BODYBALANCE				16:00
17:00	HYROX			YOGA				17:00
17:30					BODYPUMP			17:30
17:45		FIT SHAPERS	PILATES					17:45
18:00	BODYPUMP ACTIVA CROSS	HYROX	ACTIVA CROSS	ACTIVA CROSS	ACTIVA CROSS			18:00
18:05				BODYPUMP				18:05
18:15	CYCLING	CYCLING	CYCLING	CYCLING				18:15
18:30			FIT SHAPERS		ESPALDA SANA	QUICK CIRCUIT		18:30
18:35		GAP						18:35
19:00	BODYCOMBAT ACTIVA CROSS	ACTIVA CROSS	ACTIVA CROSS	HYROX	HYROX			19:00
19:05				BODYCOMBAT				19:05
19:15	CYCLING	CYCLING	CYCLING	CYCLING				19:15
19:25			ZUMBA					19:25
19:35		BODYPUMP						19:35
19:45	HBX BOXING							19:45
20:00	HYROX	QUICK CIRCUIT ACTIVA CROSS	QUICK CORE HYROX	QUICK CIRCUIT HBX BOXING ACTIVA CROSS				20:00
20:15			BODYPUMP					20:15
20:30	QUICK CORE PILATES	STRETCHING & ...						20:30
20:35				FIT SHAPERS				20:35